

Below are the SEPTEMBER 2017 HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!



Important News From HealthQuest

Onsite Flu Clinics Begin September 5th

Flu season can start as early as October. The flu shot takes approximately 2 weeks to become effective. It is important to get your shot early to ensure protection before flu season actually occurs. All active employees, spouses, dependents over 18 years of age who are covered under Plans A or C of the State Employee Health Plan (SEHP) are eligible for a flu shot at no cost. Everyone must register as a NEW USER! When creating an appointment at www.occuvax.com the Company ID and Password are both **Kansas**.

For more information such as the consent form, schedule, how to create an appointment go to:

<http://www.kdheks.gov/hcf/sehp/FluShotClinicInformation.htm>

LIFE'S A VOYAGE

Get the most out of it. Your Employee Assistance Program can show you how. The program is provided free of charge and offers someone to talk to and resources to consult whenever and wherever you need them, 24 hours a day, seven days a week. You and your family can call us today for confidential help.

- Confidential Emotional Support
- Legal Guidance
- Financial Resources
- Work-Life Referrals and Resources

BE YOUR OWN CAPTAIN

Call: 888.275.1205, Option 1

TDD: 800.697.0353

Online: guidanceresources.com

App: GuidanceResources® Now

Web ID: SOKEAP



Neuroplasticity: Mental Fitness for Optimal Brain Power

Hobbies of all sorts can help us to be mentally and physically healthier people for ourselves and our loved ones. By choosing to spend time on engaging activities that we truly enjoy, we are more likely to be the best version of ourselves. Too often we end up either just passing the time or prioritizing everyone else's needs above our own. <https://register.gotowebinar.com/register/3024719485602000387>

If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar. Or if you only have 5-10 min check out the On-Demand Trainings at www.guidanceresources.com (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.



Register for the Color My Plate Fruits & Veggies Challenge today
and add some color to your life!

<https://kansashealthquest.cernerwellness.com/dt/v2/sokindex.asp>

When it comes to fruits and vegetables, eating more is better. Increase your daily servings of fruits and vegetables by choosing varieties from each color of the rainbow. Consume 2 servings of fruit and 3 servings of vegetables for 5 days/week throughout 4-week challenge duration. Credits will be awarded based off 75% of goal completion. Plan A members that complete this Challenge will earn 4 HealthQuest credits towards 2018 premium reduction. Plan C members will earn 4 HealthQuest credits towards 2018 premium reduction and \$40 HSA/HRA in 2017.

2018 Open Enrollment

Information about Open Enrollment for 2018 is posted on the State Employee Health Plan website. To find the schedule or meetings and webinars go to <http://www.kdheks.gov/hcf/sehp/PY2018-Info.htm>. This year will be an active enrollment and all employees will need to make their health elections during Open Enrollment in the Membership Administration Portal (MAP).



<https://portal.rxsavingsolutions.com/#/register>

Generics: Saving money without compromising quality

Saving money on prescriptions does not have to be a big hassle, or unsafe. Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by considering switching to generic medications. Generic medications contain the same active ingredient(s) as brand-name medications, and are the same in dosage form, safety, strength, route of administration, quality, performance characteristics, and intended use. FDA approved generics must meet the same rigid standards as the brand-name medication.¹

Here is an example of how switching to a generic can save you money:

In 2016, SEHP members paid an average coinsurance of \$81.48 for 30 capsules of the anti-inflammatory medication Celebrex® 200mg. However, SEHP members paid an average coinsurance of only \$12.99 for 30 capsules of celecoxib 200mg, the generic of Celebrex®. That is a savings of \$821.88 per year!

It is important for patients to be active participants in managing their health. Discuss your options with your doctor at your earliest opportunity.

References: <http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingGenericDrugs/>

Class #3 Naturally Slim Completers – Credits will post by September 11th



Only 4 MONTHS LEFT to earn your 2018 HealthQuest Premium Incentive!

Employees and spouses enrolled in medical plans A and C, you have until Sunday, **December 31, 2017** to complete your Health Assessment (worth 10 credits) and earn 40 total HealthQuest Credits and get the **premium incentive** of \$480 for 2018.

Plan C members have until Thursday, **November 9, 2017** to complete activities for **HSA/HRA contributions**.

After November 9, 2017 all activities will only count as credits. *Which means credits need to be posted in the HealthQuest portal by November 9th.*

December 2017 exams need to be reported to SOK by January 31st for credits in the 2017 program year.

Log on to: <https://kansashealthquest.cernerwellness.com> to complete your Health Assessment and earn your total credits.

KDHE.healthquest@ks.gov